



**Parks and Recreation
Aquatic Section is proud to offer you:**

Water Exercise "Aquacise"
Non-H2U \$5.00 – H2U \$3.00

Health to You (H2U)

H2U is a national organization designed to promote health. You must be 30 years old or older to join and they pay \$2.00 of our \$5.00 fee. It is only \$20.00 a year to be a member!
Go to [www. H2U.com](http://www.H2U.com) for more information. 772-486-4443

Class Descriptions

Lower

The Lower intensity class is designed for those who have hip, back or knee problems and for those who have arthritis. The class will take you through gentle range of motion exercises; focusing on core balance, active daily living skills and flexibility.

Intermediate

The intermediate intensity class is designed for those who are ready for a standard cardiovascular workout; encompassing core balance, flexibility, strength and endurance

Ravenswood Pool

200 Ravenswood Lane
Port St. Lucie, FL 34983
772 - 871-2183

Intermediate: 7:45-8:30 AM Tuesday / Thursday
Starting May 28st, 2013

Lakewood Park Pool

5990 Emerson Rd.
Ft. Pierce, FL 34951
772 - 462-3772

Intermediate: 10:00 – 11:00 AM Tuesday / Thursday
Starting June 11th, 2013

Lincoln Park Pool

1302 Ave. M
Ft. Pierce, FL 34954
772 - 462-1903
TBA

The Aquatic Division of the St. Lucie County Parks and Recreation Department, is here for safety, education, enjoyment and health for all through programming that provides aquatic excellence by ensuring efficiency, consistency and professionalism.